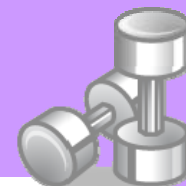




CMRC Group Exercise Class Information

Spring 2011

Effective January 1- May 31st, 2011



Group Exercise Class Descriptions

50+ Balance: A low impact class to improve balance and coordination through functional training. This class is a great class for our senior members.

Abs and Back: Increase and strengthen your core by going through our class that will target your abs and back. You will love what you learn and feel the difference!

Arms and Abs: Strengthen your abs, while firming and toning your arms by going through our class. Instructors will take you through a work out using stability balls, dumbbells, body bars and your own body weight. You will love the feeling of a stronger core, and lean, firmer arms.

B4 (Balls/Bands/ Bars and Benches): Wakeup your body with this low impact full body workout. Strengthen your core and tone your body with the use of the Stability Ball, Exertubes, Padded BodyBars and a Bench. All levels welcome, please make sure to bring towel and water

Ball-Robics: This class will maximize your workout by utilizing an exercise ball plus cardio activity. Strengthen your core with these exercises.

Body Tone: Total body workout using weights, tubes, balls and body bars to create a lean appearance. Lighter weights more reps

Cardio Conditioning: Get movin', pump it up and burn calories in this class. This is a high energy class that will strengthen your body and cardiovascular system!

Cardio Sculpt: A blend of cardio drills followed by resistant training. A fun way to incorporate both formats in a shorter period of time.

Interval Training: Interval training is simply alternating bursts of intense activity with intervals of lighter activity.

Kickboxing: Come to this high energy, fun class to get a great workout! Class will use punching and kicking techniques to ensure an awesome aerobic workout.

Legs and Glutes: Strengthen and firm hamstrings, quadriceps and glutes using dumbbells, body bars and resistant bands.

Lunch Crunch: A 15 minute power abs class created for those with little lunch time, but want an effective abs workout.

Pilates Plus: This class is a total body workout. It uses Pilates matwork and incorporates weights, bands, balls, and other small equipment to make the class more challenging. Postural alignment, balance, coordination, and strength will be attained. All levels welcome.

Stretching for Health: This class is designed for better overall stretching and flexibility. The use of flat bands and balls are provided

Zumba: A fusion of Latin dance rhythms featuring interval training using fast and slow sessions. This sensation has taken over the U.S. as the fastest growing fitness aerobic trend. Come join the party while getting a cardio workout! For all levels.

Group Exercise Class Guidelines

1. Tickets for Group Exercise Classes will be handed out 15 minutes before class starts. Check in and receive your ticket at the CMRC front desk. You may not receive tickets for multiple classes at one time.
2. CMRC members will scan their membership card to validate a current membership. CMRC non-members will pay the punch card rate of \$5/class and sign in on the group exercise sign in sheet.
3. There must be a minimum of 4 participants in class; If class minimums are not met, class will be cancelled.
4. Participants must give their aerobics ticket to the instructor at the beginning of class; Participants without a ticket will not be able to attend a Group Exercise Class.
5. Appropriate exercise clothing is required. Participants are asked to wear non-marking athletic shoes to class. Pilates/Yoga participants may come in sandals.
6. No participants allowed to enter class 5 minutes after the start of class.
7. Classes will be cancelled if participants do not show up within 5 minutes of scheduled class start time. Class minimum four participants.
8. Participants are not allowed to leave class to get a Group Exercise ticket for another class. Class tickets will not be handed out until the previous class is over.
9. Please be courteous and respectful to staff, instructors, and other participants.
10. CMRC staff reserves the right to decide on issues and conduct. CMRC staff will enforce policies and consequences as needed.

Strength

Power

Life

Endurance

Commitment

Fun

